

In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and type 2 diabetes? (DGAC 2010)

Conclusion


Limited and inconsistent evidence suggests an inverse association between total vegetable and fruit consumption and the development of type 2 diabetes.

Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and type 2 diabetes?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[In adults, what is the relationship between the intake of vegetables and fruits, not including juice, and selected health outcomes?](#)